KEATON CAN'T SHAKE SUPERHERO PAST

BUT THE ACTOR EMBRACES HIS "BIRDMAN" ROLE. PAGES 14-15

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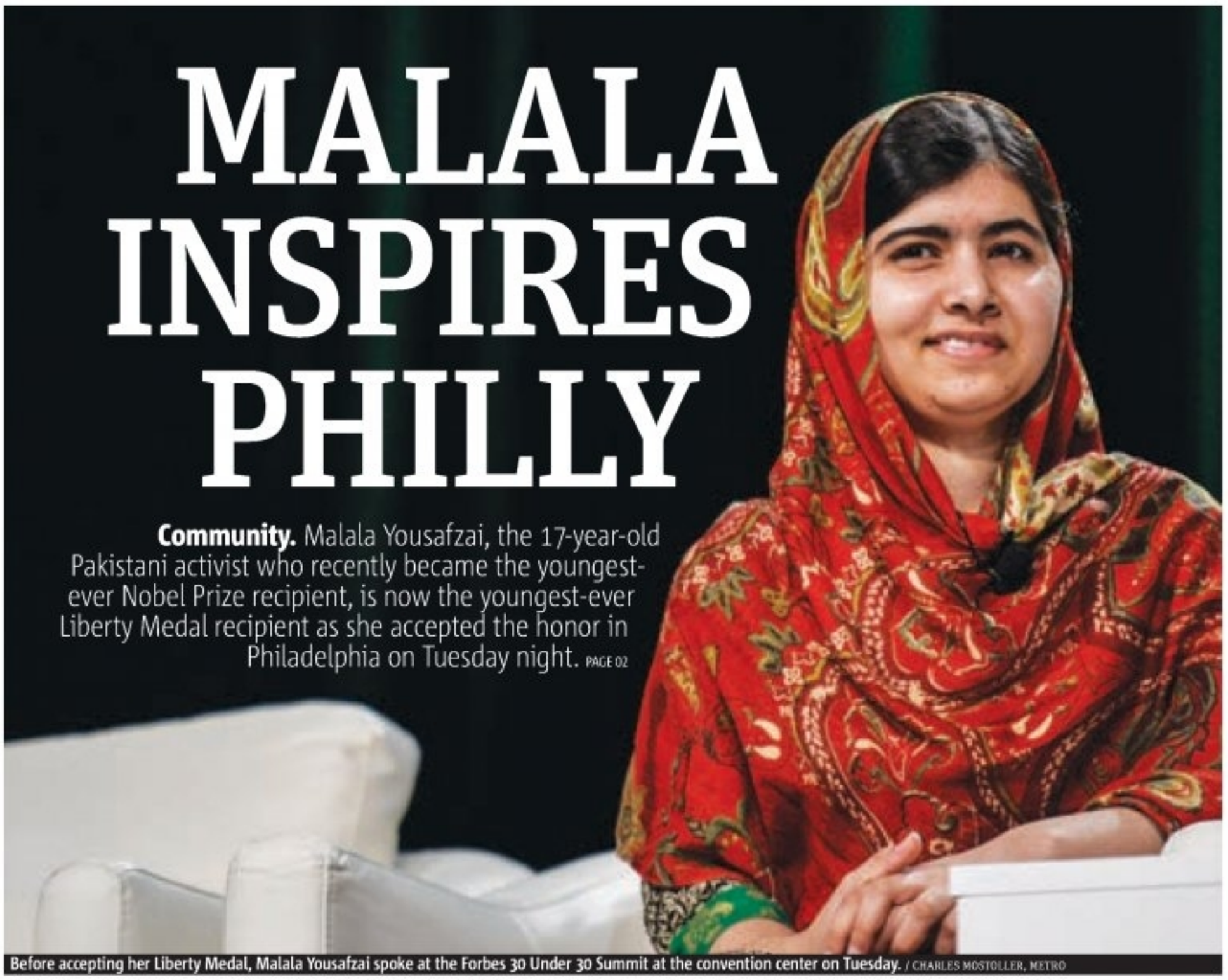
MALALA INSPIRES PHILLY

Community. Malala Yousafzai, the 17-year-old Pakistani activist who recently became the youngest-ever Nobel Prize recipient, is now the youngest-ever Liberty Medal recipient as she accepted the honor in Philadelphia on Tuesday night. PAGE 02



Before accepting her Liberty Medal, Malala Yousafzai spoke at the Forbes 30 Under 30 Summit at the convention center on Tuesday. / CHARLES MOSTOLLER, METRO

Business moguls pitch to Forbes

PAGE 04

Joan Rivers can even be offensive after death

PAGE 10

You may be uploading your digital twin soon

PAGE 18

McKie will share 76ers lessons with Owls

PAGE 24-25

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1 NEWS

Local tweet

"My Goodness, I'm hearing #septa might do another strike... They have more strikes than a Bowling Alley #Public Transportation"

Well played, @DeaconKirby.

Top 3

What's trending at Metro.us

1 'Renee Zellweger's face, a retrospective'

2 'FX launches Simpsons World website'

3 'Metro's roundup of convicted athletes'

Malala accepts 2014 Liberty Medal award

Constitution Center. Malala Yousafzai became the youngest recipient Tuesday of the Liberty Medal.

She's 17. She's the youngest Nobel laureate. She's a best-selling author. She survived a Taliban assassination attempt.

She's Malala Yousafzai, and she's proud to be a woman, even if her home country doesn't value her gender. On Tuesday, Yousafzai accepted the National Constitution Center's 2014 Liberty Medal in Philadelphia.

"I realized that liberty comes at a high price," Yousafzai said to the crowd. "The Taliban — they hit me in order to silence me. But I think they committed a big mistake. Weakness and fear and hopelessness died. Strength, power and courage was born."

Yousafzai, a persecuted advocate for young women's education in her home country of Pakistan, was awarded the honor for her courage and resilience in the face of adversity. The medal is intended for those who fight for freedom worldwide.

"I stand here with this medal, and this has been given to me for my work which I want to [do] for the education of girls, for the education of every child," Yousafzai said. "There are still 57 million children who are out of school, and we all need to protect children's rights.

"So, I call upon the world's leaders to come together and consider it important."

Malala Yousafzai
CHARLES MOSTOLLER, METRO

Because of Yousafzai's staunch support for women's education, she has frequently come under attack from terrorists and extremists. Using the pen name Gul Makai, and at age 11, she began writing for the BBC about her life and the lack of education for young women in Pakistan under Taliban rule.

While she received praise for her work on gender equality, the Taliban attempted to assassinate Yousafzai in 2012. She was 14.

Earlier this year, Yousafzai was named as co-recipient of the Nobel Peace Prize, becoming the youngest recipient of the award. She is now the youngest Liberty Medal recipient. Along with the medal comes $100,000 which Yousafzai said she will give to a Pakistani education fund.

"No girl, no child, anywhere in this world, should be deprived of education," Yousafzai said to applause. "Let us stand together for liberty, for peace and for education. Because together we're stronger."

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

Malala's address

Philly girls hear message

Malala Yousafzai also addressed the Forbes 30 Under 30 Summit on Tuesday, and some students got a special invite.

"It makes me appreciate going to school more," said D'ayia Williams, 15, a student at Academy at Palumbo, of the talk.

Students from Tree House Books, Squash Smarts and Girl Scout Troop 93483 all said Malala was inspiring.

"You always hear a one-sided view about Pakistan," said Cheyenne Draper, 15, of Palumbo. "I didn't know girls there could even go to school."

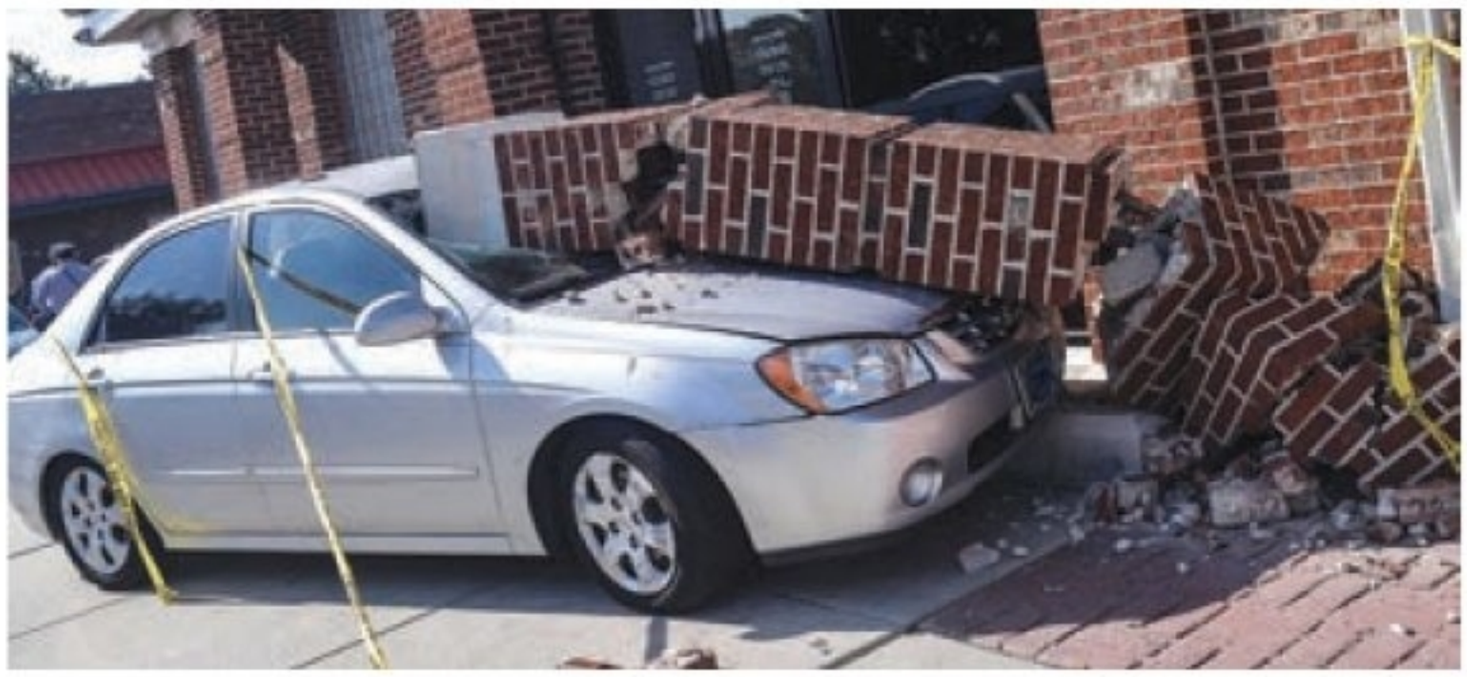
SAM NEWHOUSE

Center City

Corbett signs bill inspired by Mumia

Gov. Tom Corbett officially signed the "Revictimization Relief Act" at 13th and Locust streets Tuesday, where officer Daniel Faulkner was murdered in 1981.

The act allows crime victims to file civil actions to stop "severe mental anguish" caused by the criminals. It was introduced after Mumia Abu-Jamal, convicted of Faulkner's murder, delivered a commencement speech for a Vermont college from jail. METRO



Building damaged, but no injuries reported in crash

A car crashed into the Police and Fire Federal Credit Union on the 3300 block of South Broad Street in South Philadelphia on Tuesday morning shortly before 11 a.m. Reports say the building suffered a partial collapse and two pillars were damaged. No injuries were reported. Police are investigating. / CHARLES MOSTOLLER, METRO

Drexel Hill. Chickie's robbery was 'inside job'

The two men who stole $16,000 from the Chickie's and Pete's in Drexel Hill on Sunday morning had inside information, Upper Darby Police Superintendent Michael Chitwood said Tuesday. "There's no doubt," Chitwood said.

"They were in and they were out," he added. "So in our opinion, there's no doubt it was an inside job. We believe they got the intelligence from the inside, so we're not saying it was somebody that works there who did it, but they got the intelligence from somebody who works there."

Chitwood said the two masked black men did not hesitate: They knew where the manager's office was located and when the restaurant would be short-staffed. TOMMY ROWAN

By the numbers

$5K

Pete Ciarrocchi, owner of the popular sports bar chain, is offering a $5,000 reward for information that leads to an arrest and conviction of the thieves.

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Philly tycoons vie for capital at Forbes summit

Pressure cooker. Two cutting-edge companies from the area were finalists in a competition for $400,000.

Morgan Berman, top, founder and CEO of Milkcrate, poses with her app that helps people live sustainably. Below is TowerView Health. / CHARLES MOSTOLLER, METRO

While two Philadelphia companies competing for $400,000 in capital during the Forbes 30 Under 30 Summit's "pressure cooker" were unsuccessful, neither of them are slowing down.

"This wasn't a long-term plan we were banking on," said Morgan Berman, 29, a Philly native and founder of Milkcrate, an app that links users with sustainable, local businesses. "It was great that they seemed to strongly resonate with what we're doing."

Milkcrate is also crowdfunding through an Indiegogo that ends Thursday, and some team members are moving to Denver and San Francisco to expand Philly-based Milkcrate to those cities.

The other Philly contender was TowerView Health, which is developing a digitally connected medication tray that tracks complex prescription information and can text or send reminders to patients' family members and doctors.

Not getting the money won't affect their vision, they said.

"We're in this for the long haul," said co-founder Nick Valilis, whose 2012 diagnosis of leukemia and ensuing cancer fight inspired the product. "We understand that there's a lot of work ahead of us and we're excited to do it. We're really committed to this problem."

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Competing for dough

The "Pressure Cooker" judges and investors were Philadelphia native Troy Carter, former AOL CEO Steve Case and Forbes CEO Mike Perlis.

- The winner was Enrou, an L.A. based company that sells goods from "socially conscious brands."

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SEPTA

TWU union calls strike meeting

SEPTA's largest union has set a date to meet to determine whether it's going to strike.

Transit Workers Union Local 234 announced Tuesday that it will hold a strike authorization meeting on Sunday.

The union — bus, train and trolley operators, mechanics and cashiers — could strike as early as Monday.

The 5,000 union workers have been working without a contract since March.

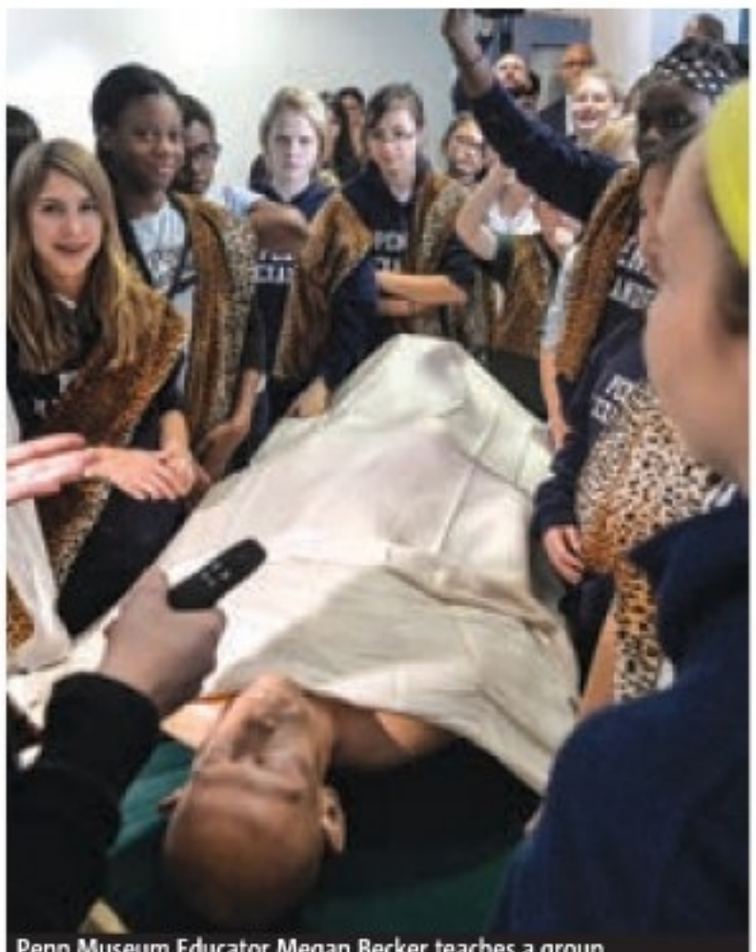
On Oct. 13, SEPTA reached a tentative deal with the Brotherhood of Locomotive Engineers and Trainmen. METRO

Philadelphia Airport

Airport workers worried about Ebola

On Wednesday at 3 p.m., Philadelphia International Airport workers will take to Terminal B/C to raise concerns about the risk of Ebola exposure, saying they only wear thin latex gloves for protection.

The subcontracted airport workers will be joined by other city union members to discuss ongoing health and safety concerns, according to a release. Recently, cabin cleaners at PHL raised concerns about their own supplies and protective gear in light of the Ebola crisis. METRO



Penn Museum Educator Megan Becker teaches a group of students from Penn Alexander Middle School about the process of making a mummy. / CHARLES MOSTOLLER, METRO

Unpacking the past with Penn, schools

University City. A new program allows students in seventh grade a curriculum they didn't have before.

Seventh-graders in Philadelphia will now have the chance to become more hands on with their history lessons as Penn Museum is offering a multistage program called "Unpacking the Past."

The $2.2-million undertaking — $1 million comes from the Annenberg Foundation — allows Penn Museum educators to visit schools in their "Mummy Mobile" and do lessons on ancient Egypt or Rome.

"We'll do a preliminary lesson to get them really excited for their trip and introduce the museum to them," said Ellen Owens, Merle-Smith director of learning programs at Penn Museum.

After their classroom experience, the students will be invited to the museum — expenses paid.

"They have an interactive tour experience and a hands-on workshop," Owens said. "They get to scramble Jell-O brains, learn how skin was dried out — it's a very, very fun interaction."

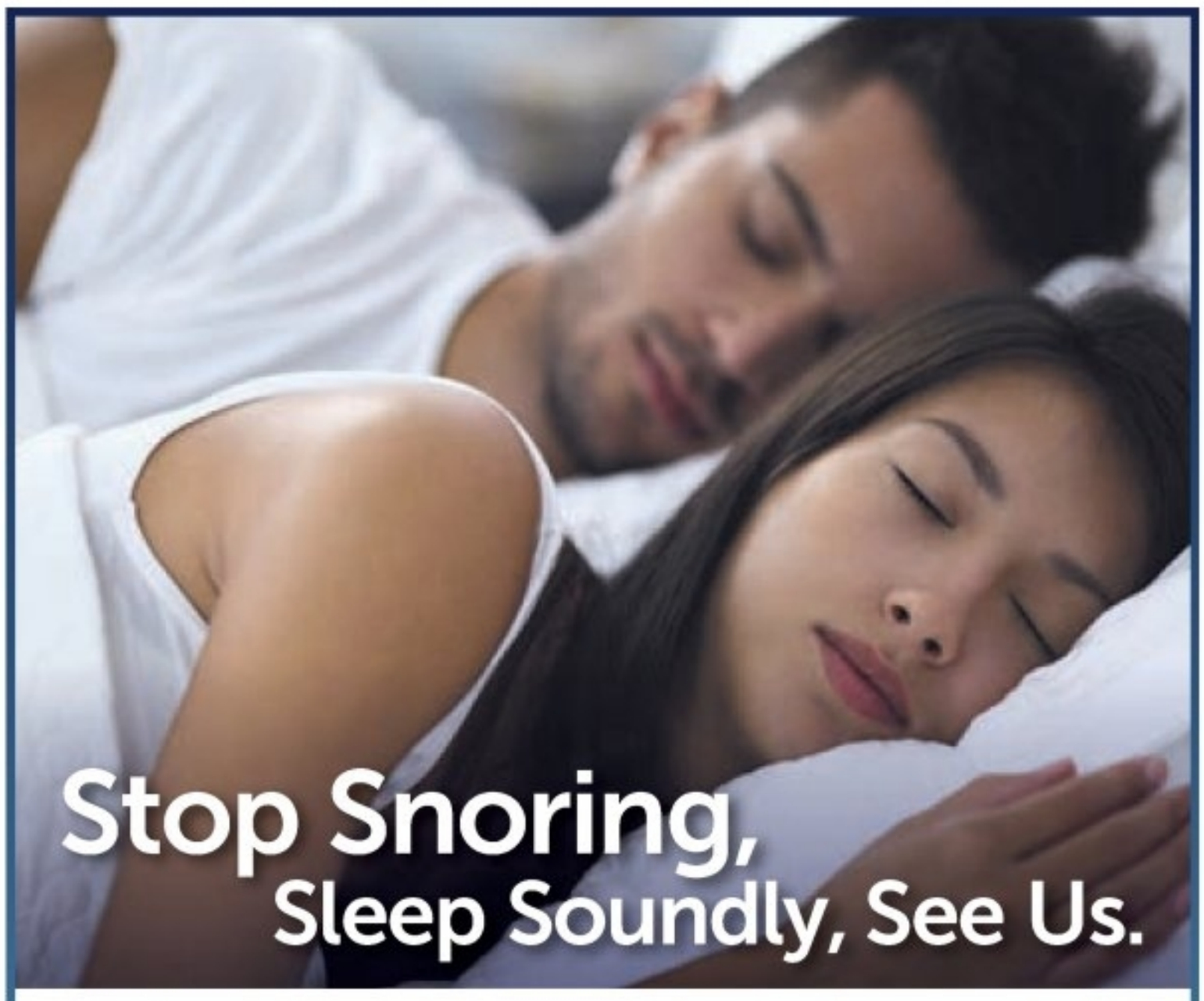
Negotiations for this project started two years ago after Penn Museum realized very few students from the district were touring the facility.

Visit **Metro.us** for more info about the program and how it works.

CHRISTINA PACIOLLA
@cpaciolla
christina.paciolla@metro.us

Quoted

"We know the district has been in debt, and I think it's really important that we're able to provide some of the things they don't have."
Owens



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US to funnel travelers from Ebola-hit region through five airports

Washington. Lawmakers welcomed the move; others said more needed to be done.

A protester holds a sign reading "Stop the Flights" as he demonstrates in favor of a travel ban to stop the spread of the Ebola virus in front of the White House. / REUTERS

Travelers to the United States from Ebola-stricken Liberia, Sierra Leone or Guinea must fly into one of five airports that have enhanced screening in place for the virus, the U.S. government said on Tuesday.

The restrictions on passengers whose trips originated in those three West African countries were announced by the U.S. Department of Homeland Security and were set to go into effect on Wednesday. The measures stop well short of the travel ban sought by some U.S. lawmakers in a bid to prevent further Ebola cases in the United States.

Affected travelers will have their temperatures checked for signs of a fever that may indicate Ebola infection, among other protocols, at New York's John F. Kennedy, New Jersey's Newark, Washington Dulles, Atlanta and Chicago's O'Hare international airports, officials said.

These airports account for 94 percent of passengers coming to the United States from the Ebola-hit countries. REUTERS

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Oscar de la Renta remembered for elegant designs, generosity

Fashion. The designer died Monday at the age of 82, after a battle with cancer.

Oscar de la Renta, the legendary fashion designer who dressed first ladies and Hollywood stars during a career that spanned five decades, was remembered on Tuesday for his exquisite style, generous heart and tireless philanthropy.

Tributes poured in for the tall, Dominican-born designer who died late on Monday at 82, surrounded by family at his Connecticut home after a battle with cancer.

"He died exactly as he wished: with tremendous grace, great dignity and very much on his own terms," his family said on his website. "We are working on arrangements to celebrate his life."

Known for his classic, feminine creations, de la Renta dressed first ladies, Republican and Democratic, including Jacqueline Kennedy, Betty Ford, Nancy Reagan, Laura Bush and Hillary Clinton, who wore a plum-colored de la Renta gown to her daughter's wedding in 2010.

"His singular talent and exquisite taste elevated American fashion, and his warmth and friendship will be missed by our family and all whose lives he touched in his extraordinary journey," Bill and Hillary Clinton said in a statement.

One of his most recent designs was the lace, off-the-shoulder wedding gown he created for human rights lawyer Amal Alamuddin for her September wedding to actor George Clooney in Venice. REUTERS

Quoted

"His designs reflected his extraordinary personality—optimistic, fun, sunny, romantic."

Anna Wintour, editor-in-chief of Vogue, said on the magazine's website

OSCAR DE LA RENTA WON A 2012 COUTURE COUNCIL FOR THE MUSEUM AT FIT AWARD FOR ARTISTRY OF FASHION. /REUTERS

China. Hackers may have infiltrated Apple's iCloud service

Apple Inc.'s iCloud storage service in China was attacked by hackers trying to steal user credentials, a Chinese Web monitoring group said, adding that it believes the Beijing government is behind the campaign.

Using what is called a "man-in-the-middle" (MITM) attack, the hackers interposed their own Website between users and Apple's iCloud server, intercepting data and potentially gaining access to passwords, iMessages, photos and contacts, Greatfire.org wrote in its blog post.

An Apple representative declined to comment on the allegations that Beijing was trying to spy on Apple customers, but noted that the company had updated its technical support page to provide advice on how to protect against such attacks. REUTERS

Technology

National security prosecutors shift focus from spies to cyber

The U.S. Justice Department is restructuring its national security prosecution team to deal with cyber attacks and the threat of sensitive technology ending up in the wrong hands, as American business and government agencies face more intrusions.

The revamp also marks a recognition that national security threats have broadened and become more technologically savvy since the 9/11 attacks. REUTERS

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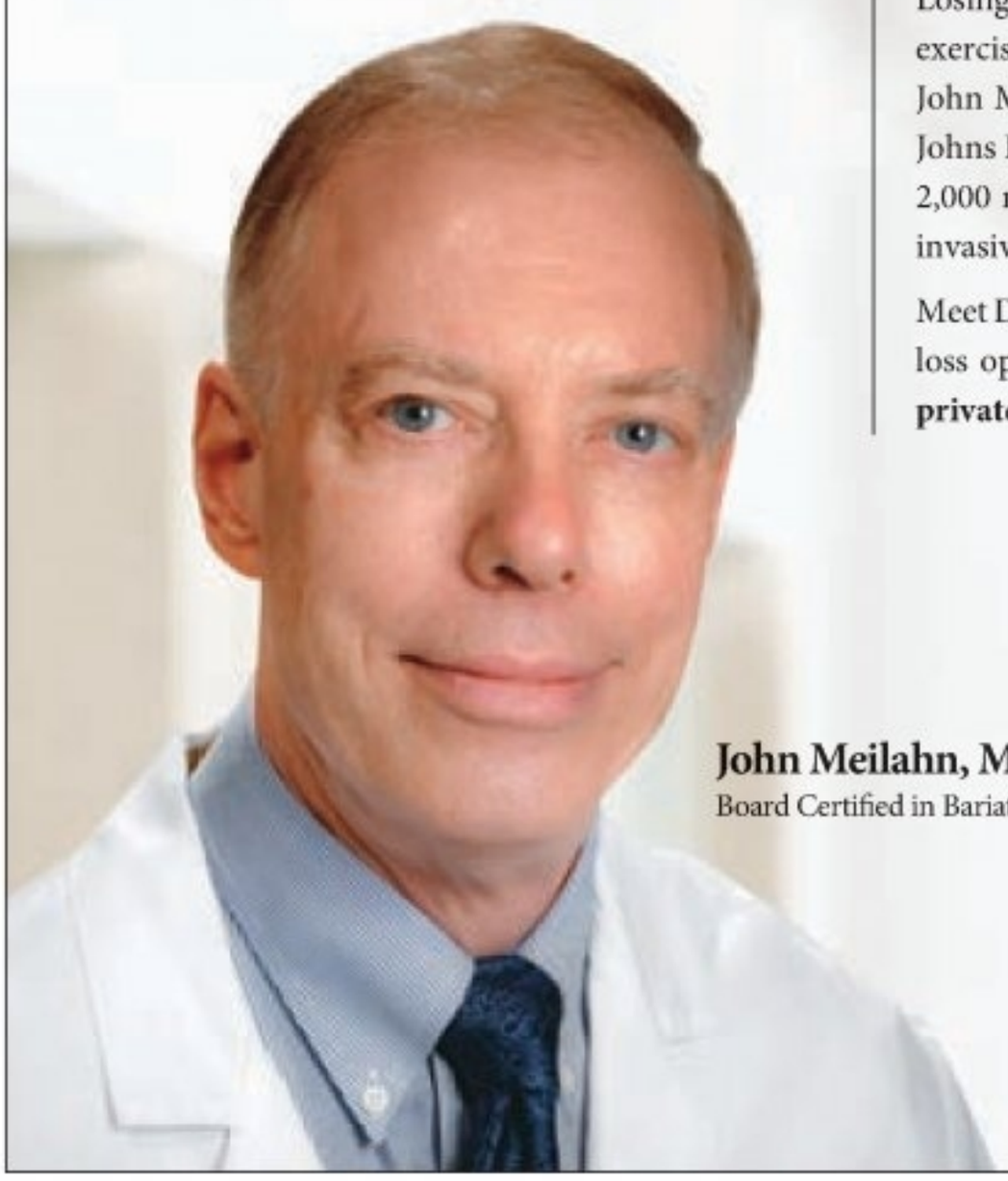

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Tourist

White House confirms US citizen released from N. Korea

The White House said on Tuesday that detained American tourist Jeffrey Fowle had been released from North Korea and was on his way home to be with his family.

White House spokesman Josh Earnest said the United States welcomed the move but pressed North Korea to release two other U.S. citizens as well.

"While this is a positive decision ... we remain focused on the continued detention of Kenneth Bae and Matthew Miller and again call on the DPRK to immediately release them," Earnest said, referring to North Korea. The United States will continue to work actively on those cases, he said. REUTERS

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Prison. Pistorius starts five-year term for killing Reeva Steenkamp

Olympic and Paralympic sprinter Oscar Pistorius started his five-year jail sentence on Tuesday for killing his girlfriend Reeva Steenkamp, marking the end of a trial that has gripped South Africa and millions around the world.

His uncle, Arnold Pistorius, indicated he would not appeal.

As judge Thokozile Masipa gave her decision on the 27-year-old's culpable homicide conviction, Pistorius, whose downfall has been likened to that of American football star O.J. Simpson, stood resolutely in the dock.

His only reaction was to wipe his eyes before two police officers led him to the holding cells beneath the High Court in the heart of the South African capital.

Ninety minutes later, an armored police vehicle carrying Pistorius — still dressed in dark suit, white shirt and black tie — left the building through a throng of reporters toward Pretoria Central Prison, where he is expected to serve his time.

Prison officials said Pistorius, whose lower legs were amputated when he was a baby, would be housed in a separate and secure hospital wing of the massive complex.

REUTERS

Pistorius after he is sentenced in the Pretoria High Court. / GETTY IMAGES

Murder trial

Judge faced difficult decision

In delivering her decision, Judge Masipa stressed the difficulty of arriving at a decision that was "fair and just to society and to the accused."

She also rebuffed suggestions that Pistorius — a wealthy and influential white man — might be able to secure preferential justice despite the "equality before law" guarantee enshrined in the post-apartheid 1996 constitution.

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CULTURE

Tribute:

Oscar De La Renta

Since Oscar De La Renta's passing on Monday, celebrities and the fashion world have taken to social media to express their sorrow and respect for the icon. Here are some of the tributes.

"My all-time favorite designer has passed away. Oscar, it was an honor to wear your creations and to know you. In loving memory." TAYLOR SWIFT

"The Gentleman of Fashion you will always be !!! RIP" NAOMI CAMPBELL

"The fashion business says goodbye to a mentor, a legend & an icon. He defined a standard we can only aspire to." KENNETH COLE

1

Good on ya, Linds! / ALL PHOTOS GETTY IMAGES

Lindsay Lohan almost up to 'Speed'

Hey, here's some positive Lindsay Lohan news, for a change! After a rocky start to her West End stage debut in David Mamet's "Speed-the-Plow," Lohan is said to be settling into the job and actually doing pretty well. I know! Crazy, right?

"A bunch of her friends went to see the show and, despite what you hear, she gave a really solid performance. She did not get handed her lines and was really funny. The audience had a great reaction to her," a source tells Radar Online. And hey, faint praise is still praise, right?

"She is in a really good place right now and we are all really proud of her. It seems like the old Lindsay is back," the source insists. I'm assuming that's supposed to be a good thing. Like, the old-old, Lindsay, and not the Lindsay of the past seven years.

2

Jennifer Garner speaks out against Hollywood sexism

Jennifer Garner was honored at Elle magazine's Women in Hollywood benefit earlier this week, and she used the name of the event as a jumping off point for a pretty awesome speech about sexism in Hollywood. Here it is:

"The fact that there even needs to be a Women in Hollywood event is a little bit sad. I mean, the Men in Hollywood event is every day — it's called Hollywood. Fifty-one percent of the population should not have to schedule a special event to celebrate the fact that in an art that tells the story of what it means to be human and alive, we get to play a part.

"So for example, my husband and I do kind of the same job, a little bit. Not long ago we both had one of those magical days,

Garner is pictured here at the Elle benefit on Monday night.

we call it a junket, where we both attended these lovely events where people come in every four minutes, they ask the same questions over and over again, you know the drill. We got home at night and we compared notes. And I told him every single person who interviewed me, I mean every single one asked me, 'How do you balance work and family?' and he said the only thing that people asked him repeatedly was about the tits on the 'Blurred Lines' girl, which, for the record if we're talking about them, they are real and they are fabulous. … As for work-life balance, he said no one asked him about it that day. As a matter of fact, no one had ever asked him about it. And we do share he same family. Isn't it time to kind of change that conversation?"

All valid points, and cleverly made. I'm all for asking Affleck about how he juggles it all the next time I interview him. But does that mean I have to ask Garner about Emily Ratajkowski's rack, too?

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
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3

Joan Rivers' barbs run deep after death

So apparently Joan Rivers left some instructions that her executors are finding a little tough to follow through on. "Joan requested that after she is gone that her personal diaries be turned into a book," a source tells Radar Online. "The problem is that they are having a real hard time shopping it around because of how over-the-top and defamatory it is." Sounds about right for Rivers.

So how bad is this burn book of hers? I mean, how defamatory are we really talking here? "Joan bashes celebrities and politicians in firsthand accounts throughout her life. Among her biggest revelations is that President Barack Obama is gay." Oh, OK, I guess I can see why people might be nervous about publishing that.

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A pumpkin carver at Linvilla Orchards appears to be taking his task very seriously. / LISA S., YELP

The Weekly Yelp. Winter is upon us — here's your to-do list for fall

Before you commit to full-blown hibernation, get outside and enjoy these seasonal attractions. From pumpkin picking to spooky cemeteries, this Weekly Yelp is helping you fully embrace this beautiful fall weather.

Laurel Hill Cemetery

3822 Ridge Ave., Philadelphia
Being both a history nerd and a glutton for terrifying punishment, I decided to make my first ever visit to Laurel Hill via their Haunted History Tour. Our tour guide was oozing with knowledge about the cemetery's rich history.
AMY N.

Linvilla Orchards

137 W. Knowlton Road, Media
Linvilla Orchards is definitely a spot to get into a festive fall mood: Last weekend, my roommates and I nabbed a pumpkin for cooking and three for carving and it definitely got us in the holiday spirit! **SARAH P.**

Longwood Gardens

1001 Longwood Road, Kennett Square
Make sure you have enough time when you go because there are so many amazing gardens, the house, the water, the meadow [and] the ballroom in the Conservatory. I mean, you could spend hours in the Conservatory alone.
KRISTINA C.

Springdale Farm Market

1638 S. Springdale Road, Cherry Hill, New Jersey
This place has the best apple cider donuts that I have ever had, and every one of their freshly baked foods is amazing (and totally worth the calories). **SARAH T.**

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Seen on the scene

- Bro-country sensation **Eric Church** wowed the Wells Fargo Center audience on Saturday with a cover of **Springsteen**'s "Streets of Philadelphia." He talked of past gigs playing **Prospectors Steakhouse and Saloon** in Mount Laurel, New Jersey.

- **Usher**, in Philly rehearsing (possibly at the Liacouras Center) for his upcoming tour, ate at **Parc** and hung out in **Rittenhouse Square**. He performs at the **Wells Fargo Center** on Nov. 11.

- **The Philadelphia Film Festival** kicked off at the **Prince** (not the **Kimmel** as scheduled, because the projector broke) with a screening of "St. Vincent" starring **Bill Murray.** Director **Theodore Melfi** and co-star **Jaeden Lieberher** were there. Melfi hired 11-year-old Lieberher, who's from South Philly, because "he wasn't cutesy or precocious like the 1,200 other kids we saw." For his part, young Lieberher got nostalgic, saying he enjoyed working with Murray because "I was a big fan of 'Ghostbusters' and 'Groundhog Day' when I was a kid."

DIRECTOR THEODORE MELFI AND ACTOR JAEDEN LIEBERHER WERE AT THE PHILADELPHIA FILM FESTIVAL'S SCREENING OF "ST. VINCENT." / A.D. AMOROSI

HENRI DAVID PREPS FOR THE BALL

BOLDFACE

A.D. AMOROSI

A.D. Amorosi is a journalist covering arts, entertainment and food news and gossip. He can be reached at divaland@aol.com.

Jeweler/party thrower **Henri David** was planning his 46th Halloween Ball when he heard that longtime friend **Stevie Nicks** and the rest of **Fleetwood Mac** would stop at his Pine Street store (named Halloween) for a shopping spree before their show at **Wells Fargo Center.** "**Christine McVie** had never been here," says David. "During their four-hour shopping fest, Stevie held her hand and they were like little girls going through Mom's beads."

Right before the concert, David and partner **Paul Struck** went backstage and draped the band with its purchases. Nicks invited David to Mac's next Philly show, Oct. 29, but he'll be busy in his "pumpkin patch," planning his dozen-plus outfits ("one resembles Mad Max-meets-RuPaul and needs a welder to put it together") for the costume party at Sheraton Center City. "At 46, my Halloween Ball is older than 90 percent of my guests," David says.

Eric Church got his hands on a big chocolate bar while posing with Comcast-Spectacor staff at the Wells Fargo Center. / TODD KAPLAN

Stephen Starr Catering is out of Locust Street's **Arts Ballroom,** with **Harry Spivak**'s Catering & Me in its stead and seeking serious promoters for events like Thanksgiving and New Year's Eve.

Soulful Philly singer/songwriter **Aaron Livingston,** a collaborator of **RJD2** and **The Roots,** has signed with Anti Records and will drop his debut EP, "Things I Forgot," next month. He also has a Dilworth Park gig on Oct. 25.

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TV watch list

DRAMA

'American Horror Story: Freak Show'

Jimmy falls for a woman who says she can tell fortunes, but can she predict what happens next? No, really, what happens next? **10 P.M., FX**

Jimmy gets into a bit of a disagreement with his mom on "American Horror Story: Freak Show." / MICHELE K. SHORT, FX

COMEDY

'The Goldbergs'

Adam tries to help Barry get back in with the popular kids by changing their grades in the school's computer, while Beverly fixates on being a "cool mom." Everyone wants to be cool this week. **8:30 P.M., ABC**

DRAMA

'Arrow'

Oliver tries to find Thea in Corto Maltese, while Felicity has to work on adapting to a new job. She's probably having trouble figuring out where the office supplies are or something. **8 P.M., CW**

REALITY

'Survivor'

After the teams are changed around, one contestant is stuck on a team with three couples, which sounds like an unpleasant way to spend some time. **8 P.M., CBS**

LISA WEIDENFELD

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(But, remember, he wasn't always an old ugly man - once, he was just ugly)

Let the Weight Be Over

For as long as I could remember, I had been overweight. I graduated from the "husky" section to the "big and tall" shops before I was even out of high school. As I got older, diets came and went; some were moderately successful, some were just expensive hobbies, and all were short-lived.

I entered my thirties a confident, young professional who believed that there was plenty of time to concentrate on getting healthy. However, I was really in the midst of a health crisis that I continued to ignore. I was 357 lbs. with a body mass index (BMI) of 46, high blood pressure, and a family history of heart disease, diabetes, and cancer. It was a trip to the E.R. with chest pain that made me realize I needed to take action!

"My weight loss journey has been life-changing!" –Jeff

My primary care physician recommended the ***Center for Surgical Weight Loss at Hahnemann***. The team at Hahnemann provided the support and guidance I needed to change my life and improve my health.

It has been more than a year since surgery, and I've lost 165 lbs. My blood pressure is under control without medication, I no longer suffer from sleep apnea, my cholesterol is normal, and the best feeling of all – no more big and tall shops!

I couldn't have done it without the team at Hahnemann.

To attend a FREE seminar call the **Center for Surgical Weight Loss** at Hahnemann University Hospital at **267-330-0760** or visit our website at **www.hahnemannbariatrics.com** to register on-line.

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Michael Keaton gets his wings

HOW MANY BATMAN MOVIES DID MICHAEL KEATON DO? TWO: 1989'S "BATMAN" AND 1992'S "BATMAN RETURNS."
GETTY IMAGES

Interview. The actor finally gets his comeback in the meta backstage comedy "Birdman."

Michael Keaton doesn't mince words when asked, point blank, what it's like to have a career resurgence in "Birdman." "It feels good," he remarks. It should feel at least weird; in the film — made as a single (albeit fake) shot by "Babel" and "Biutiful" director Alejandro Gonzalez Inarritu — the former "Batman" star plays Riggan Thomson, the former star of a winged superhero franchise. Keaton's character is staging a comeback with an out-of-control Broadway take on Raymond Carver; in real life, Keaton is staging a comeback with a tightly controlled piece of cinematic chaos.

"Birdman" has already earned Keaton raves, though he says he was already feeling good about himself. When Inarritu, at a presser for the film's New York Film Festival closing night appearance, talks about how he tends to feel good about what he's doing before turning to self-doubt, Keaton replies that he feels the same way. "The difference," he adds, "is 20 minutes later I think, 'No, you're actually more than that, Michael.'"

Still, the production

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Michael Keaton retreats to the bar in "Birdman." / FOX SEARCHLIGHT

was atypically demanding, with Keaton having to stay "on" as Inarritu and cinematographer Emmanuel Lubezki — an old pro at long takes, with "Children of Men" and "Gravity" under his belt — kept cameras rolling. "When you watch them work together, you have to come up to that [level]," Keaton says. "Otherwise you're a punk. You're just dead weight."

On top of hitting his marks and not knocking over Lubezki's ever-moving camera, Keaton also had to juggle his character's various stresses, including the looming first preview performance and abrasive interpersonal relationships with a hot dog co-star (Edward Norton), his angry girlfriend (Andrea Riseborough) and his just-out-of-rehab daughter (Emma Stone). "Within 30 seconds or 49 seconds, you have to surf a lot of different emotions, while being part of this giant picture."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Quoted

"Because the picture is always shifting and changing, you've got so many levels. That was really, really difficult. But I like that. I like difficult — most of the time."

Keaton, on filming "Birdman"

The wrong winged avenger

Sorry, superhero nerds

Keaton and Norton attended the New York Comic Con for "Birdman," even as they laughed about how what they're promoting is decidedly not a comic book movie — though there's always a chance viewers who don't do their research may buy a ticket to "Birdman" thinking it is one. Keaton remembers seeing "The Dead," director John Huston's 1987 swan song. A couple of young horror fans showed up and were unhappy to discover a film called "The Dead" was a lyrical and chatty adaptation of a short story by James Joyce. "You could tell they totally thought it was a horror movie," he recalls. "You could hear mumbling in the back. I kept clocking them. At about minute 14, they were like, 'F— this.'"

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Rentals are on

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By the numbers

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of property managers reported raising rental rates in the last year

62%
expect to increase them again next year

55%
of property managers list your income-to-rent ratio as the most important factor when considering you as a tenant

Staying put

What's trending?

Nearly 30 percent of property managers had more renters renew leases or request longer leases. "I see this as a trend emerging because it is becoming so difficult to find rentals, so landlords are making it harder for you to secure an apartment," Schreck says. "Most people would rather just lock down the apartment they are already in and not bother with the hassle of finding a new apartment."

This woman looks suspiciously happy for being in the middle of a move. / WAVEBREAK MEDIA

Survey. Rent.com tells us what we need to know before signing a new lease.

Renting? You aren't alone. Nicole Schreck, senior brand manager at Rent.com, says there are a couple of reasons more and more people are choosing to rent. The first revolves around recent college graduates. "Young people coming out of college are strapped with crippling debt, which makes it harder for them to purchase homes than it was four generations ago," says Schreck.

Another reason is that some people simply enjoy the flexibility that comes with renting. "It allows them to have the American Dream without needing a home to achieve it," she says. "You can move

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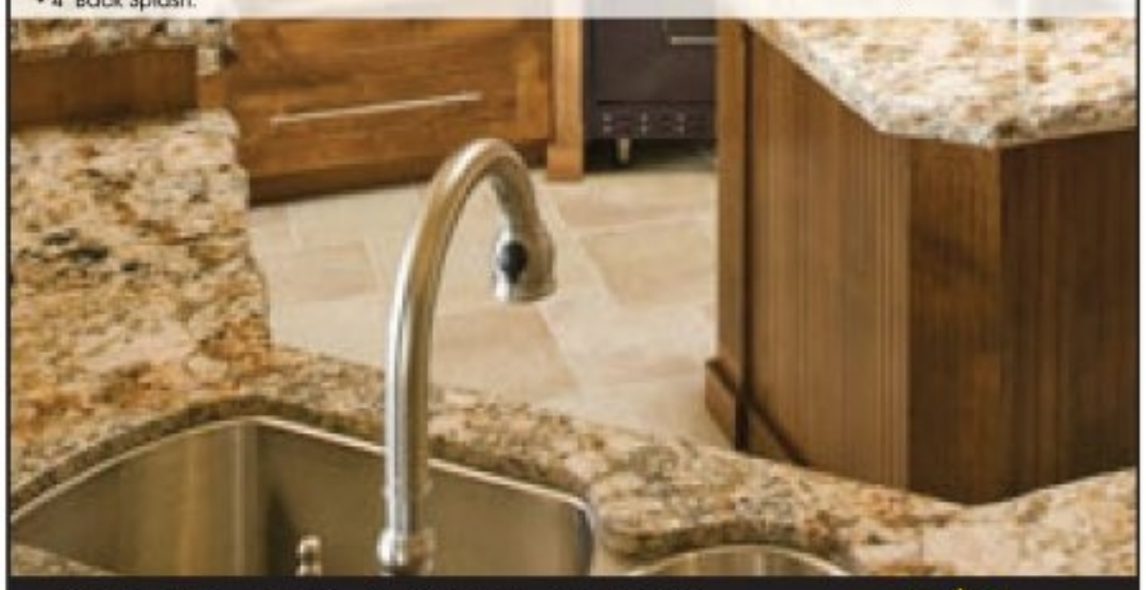

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Apartment hunting

Follow these tips from Nicole Schreck to ensure a smooth move.

Investigate

"The best tip I could give is to do your research. This means knowing what the average rental rates in your area are."

Keep it real

Be realistic in your expectations, says Schreck. Don't waste your time looking at pricey lofts if you can't afford one.

Be overly prepared

"I relocated to San Francisco recently, which is a really tough rental market. The best way to handle it is to have everything a landlord could possibly request with you," says Schreck. "If you're in an area of high competition and you find a place you love, you can make it yours before anyone has a chance to." So bring your credit report, your paycheck stubs and a copy of your rental insurance and be ready to sign a lease on the spot."

more easily across the country if you want to for a job opportunity."

People are also drawn to apartment rentals because of building amenities such as pools, tennis courts or home theaters — which many couldn't afford in a home. And of course there's the pleasure of not being burdened with raking leaves in the fall or shoveling snow in the winter.

MOLLY CONGDON
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From mortgage to lease

"Surveying property managers showed that there was a 50 percent increase in former homeowners seeking rentals [over] last year." Schreck

The Gold Standard Cafe on Baltimore Avenue serves up locally sourced ingredients. / J. FUSCO FOR VISIT PHILADELPHIA

Neighborhood.
What's the future of University City?

University City District put out its annual "State of University City" study for 2014-15, looking at changes in the West Philly neighborhood. Here are some of the highlights.

Living

- The population climbed to 50,581.
- The cost of living is 28 percent lower than in Center City, based on food, housing, utilities, transportation and health costs.
- Before the end of 2016, University City will add over 2,000 new housing units.

Playing

- There are 17 percent more restaurants than in 2009.
- Arts and culture organizations in the area generate $177 million in economic impact in a year.

Getting around

- University City has a Walk Score of 90 (out of 100).
- People are biking, too. Bike ridership between University City and Center City rose 141 percent since 2000.

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‘We’ll have digital twins in five years’

The future. A more high-tech version of the movie “Her” might be a reality sooner than you would think.

A few years from now, we will have a “digital twin,” a virtual facsimile of ourselves that will serve as our digital personal secretary — at least according to futurist and technology theorist John Smart. We asked Smart, the founder of the Acceleration Studies Foundation, to give us a glimpse into our cybernetic future.

According to your vision, we will have digital twins a few years from now. What does that mean?
A personal software agent, or digital twin, is an informational simulation of your values, interests, goals and, eventually, even your personality. It is a software system that has a crude model of you, in order to better serve you. You could call it a “butler” or “secretary” or “agent” — just like a butler has a good mental simulation of who you are and what you care about, so will your software agent, which is why we can call it a “digital twin.”

What are the benefits of having a computer-based version of us?
The “natural language understanding” technology behind these conversational software platforms can be used to scan your emails and listen in on what you are saying. That allows them to make a semantics and values map of the words and things you care about.

Tell us about privacy. Can someone steal my digital twin and take all the info about me and my bank?
We don’t always think about building good privacy, transparency and security systems until a crisis occurs. Then we have to play catch-up and build better systems. The challenge is to make these subjects as important as innovation and growth to our technologists, politicians and the public.

WANISE MARTINEZ, MWN
@ metronewyork
letters@metro.us

Bleak talk

The machines take over

Aren’t you afraid that one day our digital avatars will replace us?
If our digital systems are increasingly good copies of us, then it isn’t really “them” replacing “us,” is it? Rather, it is another version of “you.” Humans have been learning how to put the best of ourselves into our technologies since the dawn of humanity.

This could be the digital version of you, when this technology takes off. / PROVIDED

FYI

John Smart
Futurist, lecturer and founder of the Acceleration Studies Foundation, which researches accelerating developments in science and technology, Smart is at work on a book due out in January.

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Put down that nail file!

Personal grooming. Too much trimming can change the shape — and health — of your nails.

When it comes to your nails, too much maintenance can be as harmful as chewing them. / MOODBOARD

Clean and well-groomed hands are essential to a polished look, but trimming nails too frequently or into the wrong shape could actually lead to serious health conditions, according to a new study.

"It is remarkable what some people are willing to do to make their nails look good, and it is in this context that I decided to look at what we really know about nails," explains lead researcher Dr. Cyril Rauch at the University of Nottingham.

Turns out, that wasn't much. Rauch's evaluation of scientific journals turned up little on the physics or math when applied to nails. For their study, Rauch's team came up with an equation to identify the physical laws of nail growth to find the causes of some of the most common nail-related problems, such as ingrown toenails, spoon-shaped nails and pincer nails.

"We demonstrate that the shapes of the free edge of a nail – the way we cut nails to give them a specific fashionable shape – can have repercussions on the future shapes of the nail over time," as well as bring out underlying medical conditions, he says.

The scientists discovered that when the balance between growth stress (nails growing too quickly or slowly) and adhesive stress (the number of structures supporting the nail) is broken, it can affect the entire nail, causing it to change shape over time.

This situation happens much more often for larger and flatter nails like the big toe, which is most susceptible to problems. Age or change in metabolic activity, such as puberty or pregnancy, are the usual causes of nail stress, but the equations showed that it can be amplified by poor trimming.

"We suggest that nail beauty fanatics who trim their nails on a daily basis opt for straight or parabolic edges," Rauch says.

Quoted

"It is remarkable what some people are willing to do to make their nails look good, and it is in this context that I decided to look at what we really know about nails."

Rauch

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More than you can chew

Food cravings – and not just the pickles-and-ice-cream pregnancy kind – show how little control we feel sometimes when it comes to food. We rounded up three new studies that looked at some factors that could be warping our eating habits. **EVA KIS**

Dip in blood sugar

Craving pizza or planning a snack binge? A University of Washington study of identical twins raised together (to eliminate genetic and environmental differences in food habits) found that our brain's response to the sight of food appears to be driven by how low our blood sugar level is at the moment. Twenty-one twin pairs ate from a buffet, then their brains were scanned while looking at images of food. For the twin who made less satisfying food choices (as measured by blood glucose), the images provoked a stronger mental response.

Make a grocery list and stick to it to avoid the temptation of high-calorie foods. / DIGITAL VISION

High-calorie food bias

Everyone knows you shouldn't shop hungry; not only will you buy more food, but you'll buy food with higher caloric density. A new study found that while we're generally bad at estimating the calories even in foods we like, in a simulated auction study participants were willing to bid higher amounts on the higher-calorie foods — suggesting that the brain has an internal calorie counter that prizes such items.

Perception of value

Want a meal to taste better? Pay more for it, researchers at the Cornell Food and Brand Lab found. In the study, 139 diners at an Italian buffet were charged either $4 or $8. Those who paid the higher price rated the pizza as 11 percent tastier. In both situations, diners ate an average of three slices. "People set their expectation of taste partially based on the price – and it becomes a self-fulfilling prophecy," says Dr. David Just. The lesson? "Go to the most expensive buffet you can afford. You'll eat the same amount but enjoy the experience more!" says co-author Dr. Brian Wansink.

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Negotiations will provide enlightening information. Share your ideas with as many people as possible.

♏ Scorpio | Oct. 23-Nov. 21. You'll be faced with a substantial change, making it vital that you get all the facts before making a decision. Ask questions.

♐ Sagittarius | Nov. 22-Dec. 21. Your future should take precedence over other people's plans. Deal with established professionals when researching the vocation that you are aiming for.

♑ Capricorn | Dec. 22-Jan. 20. A non-productive cycle must be changed. It will be up to you to get the ball rolling. Do whatever it takes to get motivated.

♒ Aquarius | Jan. 21-Feb. 18. Move on to a more meaningful relationship phase with friends or relatives. A deeper bond is possible if you are truthful.

♓ Pisces | Feb. 19-March 20. Size up why you are feeling at odds with your current situation. It's time to take control of what's important and walk away from what isn't.

♈ Aries | March 21-April 20. You will be tempted by a unique offer. Get together with the most interesting people you know and make plans.

♉ Taurus | April 21-May 21. You will obtain good results with sensible food choices and exercise. Farmers' markets and h offer many diverse options.

♊ Gemini | May 22-June 20. If you shake things up, improve your appearance or enhance your image, your confidence will go up as well. Get involved in something new and exciting.

♋ Cancer | June 21-July 22. You can expect to experience worry regarding children and loved ones. Do your best to keep the peace at home.

♌ Leo | July 23-Aug. 22. Minor strife at home will blow over soon. You should be happy with the way other situations are developing around you.

♍ Virgo | Aug. 23-Sept. 22. Ask old friends questions that will help you get a clearer picture of the way you are perceived by others. Recall old dreams.

EUGENIA LAST

Sudoku: Easy and hard

3				2	7		4	5
2		8		3				1
	6				9	8		
						9		
9	4			7			5	8
		5						
		4	9				2	
1				8		5		9
7	9		5	1				4

	5		6				7	
		6	4				5	2
4		9		5				
		7		3				
1		3	7		5	8		9
				8		7		
				2		3		7
2	3				4	1		
	9				3		4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Stop bashing Catholics

Re: 'The Catholic Church has a Gay Problem' (Metro, Oct. 21) This article misunderstands basic theology. The Church is not a democracy. It cannot do whatever it wants. It is bound by the eternal and historic teachings of Christ, which are unchangeable. The Church is without authority to change its teaching on sexuality. What the Church teaches is the will of God, and God is the ultimate judge and arbiter of good and evil. Therefore, the fact that many Roman Catholics support this or that contrary to Church teaching is completely irrelevant. How did the article express anti-Christian propaganda? Suggesting the stereotype that the Church is shamefully money-grubbing; describing the Archdiocese as "maniacal in its denouncement of homosexuality" (when the archdiocese has merely expressed and enforced church teaching, which is its calling and vocation); claiming that "being in step with basic human rights has never been the church's strong point" (when the Church has always been at the forefront of human dignity and without the Church, concepts like "equality" would be virtually unknown); the statement "the Pope says it's still OK to hate gay people" (this is arguably the worst offense in the article as it is blatantly slanderous (not to mention intolerant and stereotyping) as neither the Pope, Church teaching or the faithful hate gays or teach hatred of gays). It is shameful for Metro to have published it.

JIM CUSHING, VIA EMAIL

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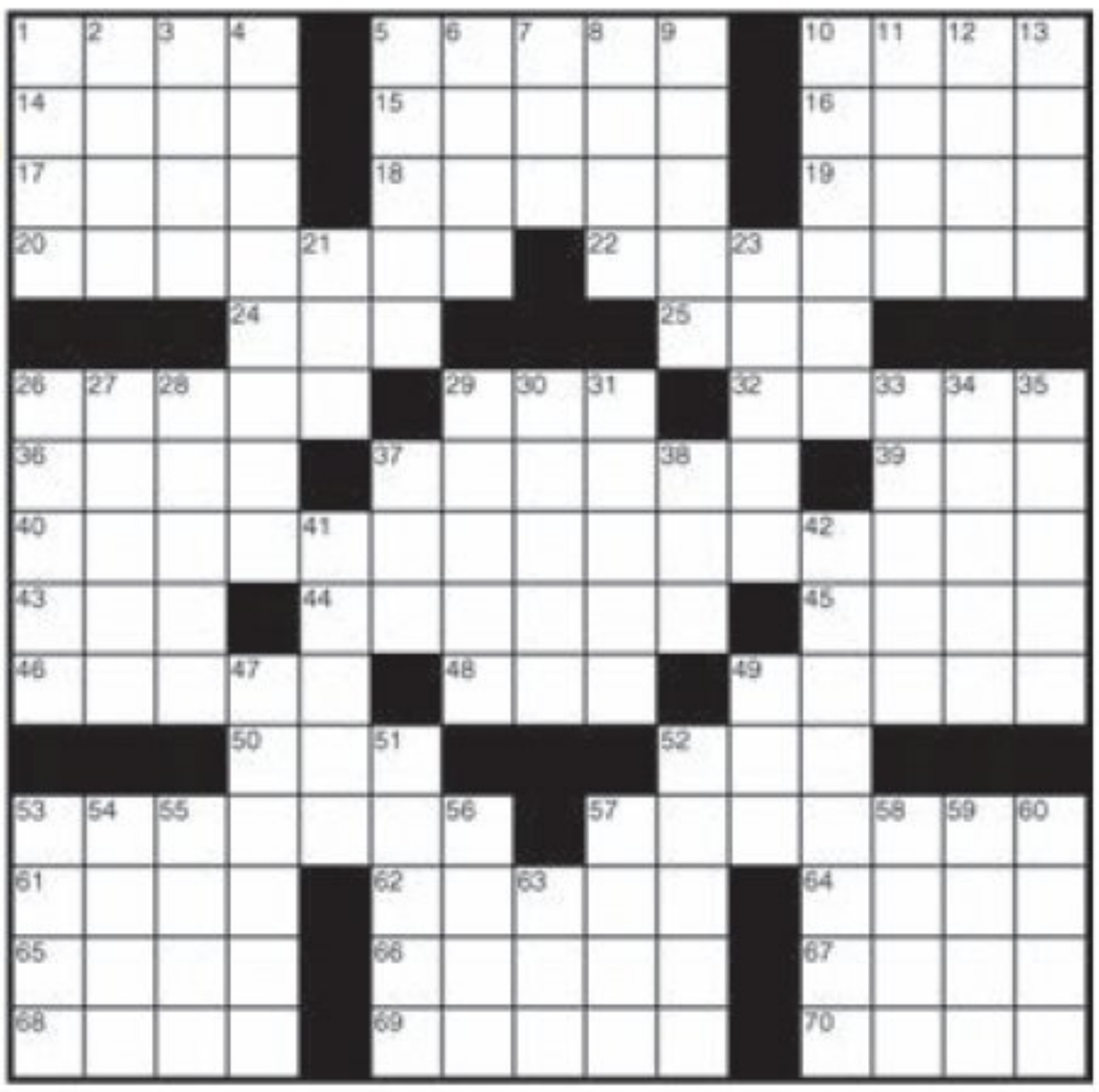
Crossword

Across
1 Minn. neighbor
5 Murkiness
10 Haughty type
14 "— cow!"
15 Evans or Hunt
16 Airport summons
17 Pack — — (quit)
18 Organic compound
19 Rug measurement
20 Bright, as a smile
22 Less common
24 Cable channel
25 Over and over
26 Gymnast's stickum
29 Qt. parts
32 Prayer-wheel turners
36 Decides on
37 Waken
39 Tyrolean peak
40 It may be dangerous (2 wds.)
43 Novelist -- Levin
44 Corolla segments
45 Shaman's quest
46 Collars cover them
48 Cathedral town
49 Lose a lap
50 Round veggie
52 "Harper Valley —"
53 Tortilla snacks
57 JP half
61 Siberian river
62 Formula One car
64 Archaeology find
65 Type of wrestler
66 Spout rhetoric
67 Mr. Diamond
68 Glitch
69 Consumer advocate
70 Dressy event

Down
1 Sound like a fan
2 Jot
3 Rode the banister
4 Belief in disbelief
5 Senator in space
6 Index
7 Que. neighbor
8 Ben Jonson works
9 Traveler -- Polo
10 Athens rival
11 DEA operative
12 Ess molding
13 Shaggy animal
21 Blyth or Sothern
23 Wouldn't hurt — —
26 Worm seeker
27 Horse —
28 Subway hanger
29 Rattle on
30 Kind of eclipse
31 Gruff
33 Fluid rock
34 Burns' partner
35 Mall-crawl
37 Lime cooler
38 Female rel.
41 Surprise win
42 Scoring music
47 Novel closer
49 Ave. crossers
51 Burr or Copland
52 Less polluted
53 Nitpick
54 Make — — for it
55 GP read
56 Name in cheesecake
57 Leap in a tutu
58 Light bulb, in comics
59 Spring
60 La senorita
63 Bounder

Yesterday's answer



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3

SPORTS

Unperfect Union

Union CEO feels heat

The Union missed the playoffs for the fourth straight year, and their CEO, Nick Sakiewicz thinks recent criticisms are a bit harsh. "It doesn't bother me at all," Sakiewicz said, "because those fans that are saying that are completely wrong. They're not informed with the right facts."

Kelly optimistic after Eagles break

NFL. The Eagles are looking better after the bye than they did after their win over the Giants.

The Eagles played their best game of the season nearly two weeks ago against the Giants. So after a week away from practice, there's a risk of rust.

But Chip Kelly sees a bye week as nothing but a positive feature of the NFL schedule.

"We had been at it for 10 straight weeks," Kelly said, "so you get a little chance to rest up, get away from it for a little bit, not only physically, but mentally, so I look at it as a plus."

It seems this is a true statement. The Birds have Mychal Kendricks back in practice, and have gotten good news on three key injuries, Darren Sproles, Evan Mathis and Jason Kelce — who could start working with the team ahead of schedule.

"He's just coming off of surgery," Kelly said of Kelce. "I hope he ties his shoes right, and we're going to put him in some individual drills and see what he can do."

Back to work

12-1

The Eagles record after a bye week under Andy Reid. Last year, they also won after Chip Kelly's first bye week.

EVAN MACY
@evan_macy
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Sproles is back in practice after an injury last week. / GETTY IMAGES

Cruz control

Kelly felt compelled to visit Cruz

News broke just as the Eagles' bye week began that Chip Kelly visited Victor Cruz, who suffered a serious knee injury in the Eagles' 27-0 win over the Giants, in a Philadelphia hospital last Monday.

During Tuesday's press conference, the coach explained why he made the trip to visit the Giants wide receiver.

"I mean, we're all competitors in this game," the coach said, "but there's a feeling, no matter who it is, when you see someone get hurt in a game, and to the extent that he got hurt is just ... just had an opportunity on Monday morning to stop by and see if he was OK. [See] if he needed anything before he got transferred up to New York.

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NFL. Sproles wants to play, says injury could have been worse

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This time last week, it looked like Darren Sproles was out at least two to three weeks with an ankle injury.

But the running back is back in practice following the Eagles bye week and he thinks suiting up Sunday against the Cardinals is a real possibility.

"The way I'm feeling, yeah," Sproles said Tuesday of returning to action right away. He did add, however, that he needs to participate in a full-contact practice Wednesday first.

The injury, caused by Giants defensive tackle Markus Kuhn, was a violent-looking play and many feared Sproles had torn his ACL.

From the looks of Sproles on the field, it wasn't nearly that serious.

"Big relief," he said. "Because when I was on the field, the way my knee was moving, I thought it was bad. But it wasn't. It was fine."

Sproles has played in the third-most NFL games of any running back since 2005 — 138 of 144 games — pretty impressive for a little guy who's never been an NFL starter.

"You know, when you play this game, your goal is to play," Sproles said. "Whatever it takes for you to play. That's what I'm all about." EVAN MACY

Phillies make a deal

Phils ink Williams to extension

The Phillies now have three starters locked up for their 2015 rotation.

With Cole Hamels and Cliff Lee slated to be Nos. 1 and 2 next season, Jerome Williams appears to be headed to start the spring in the Phillies rotation as well.

Jerome Williams / GETTY IMAGES

The deal is worth $2.5 million and locks the righty down for next season. Judging from the size of his salary, he will likely be expected to fit in as the Phillies' fifth starter.

Williams, 32, went 4-2 with a 2.83 ERA in nine starts for the Phillies after being claimed off waivers from the Texas Rangers in August. He is a native of Honolulu, Hawaii, and allowed two earned runs or fewer in six of his nine starts as the Phillies went 6-3 in those games.

Williams has pitched for seven different clubs in the majors over his 10-year career.

The signing is the first major offseason move made by the Phillies. METRO

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McKie goes back

NCAA. The former NBA Sixth Man of the Year and Temple basketball alum returns to school as a coach.

Aaron McKie will begin his college coaching career under Fran Dunphy this fall. / GETTY IMAGES

Twenty-one years later, Aaron McKie is returning to the sidelines of Temple University as an assistant coach under Fran Dunphy this season. His goal is to guide the Owls back to prominence after a dreadful 9-22 record last season. As a player, McKie helped lead the Owls to an Elite Eight appearance in 1993 then found great success on the professional level with the Sixers, winning Sixth Man of the Year in 2001, the last year they made it to the NBA Finals.

What's it like to be back coaching at Temple, the program which you helped build as a player?
It's great. I don't think words can describe it. It's a place where I really grew up at. Ever since I was kid — I'd say 10 or 11 years old — I was playing basketball down at McGonigle Hall in the future stars AAU program, high school and Sonny Hill leagues until I moved on to the collegiate level at Temple. It's a tremendous opportunity for me to work with Fran Dunphy and try to estab-

Quoted

"I want to keep these traditions alive so bad. When I was growing up, watching the Big Five was what made me want to go to Temple. Obviously coach [John] Chaney played a huge part in that as well, but the Big Five is another big reason on why I chose Temple. To fight for your turf and the bragging rights within the city held a lot more interest when I was growing up."

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to Temple

lish a winning culture here once again.

A lot of local talent has transferred back to Temple this season to help out the program.
I've always been a firm believer that there's enough talent in Philadelphia where you can build a nationally ranked high-profile program here. For such a long time, a lot of the kids have been heading out of town and going to other schools, but I think if we can keep the majority of them together here we can accomplish great things. A lot of the parents want to get their kids out of Philadelphia because of a lot of the troubling things that go on in some of the neighborhoods here. I can't blame them for that, but I also believe a lot of these kids can stay here, star here and accomplish great things with the ties we have in the city at Temple.

What's it like to pick Dunphy's brain?
He is great and he really gives you room to grow, which I think is important. A lot of times you have coaches who don't really give kids the opportunity to make their own decisions, but Fran gives them that. If they don't make the right ones then he'll take those opportunities away, but I believe that's the best way to learn and grow.

JEFF MCMENAMIN
@Jeff_McMenamin
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All about Aaron

Aaron McKie was a true Philly hoops star at all levels.

- McKie attended Simon Gratz High School where he averaged 18.9 points, 9.9 rebounds, and 7.2 assists per game.
- In three years at Temple, McKie is tied for sixth on the school's all-time scoring list with 1,650 points, averaging 17.9 points per game while starting all 92 games.
- McKie backed up Allen Iverson with the Sixers and later returned to the team as an assistant coach.

NBA memories

McKie echoing Sixers lessons

Allen Iverson had some very kind words for you at his retirement press conference last year.
It's great because I was able to spend so much time with Allen over the years. Sometimes you don't feel like a person quite gets the advice you're giving them, but for him to single me out on one of the biggest days of his life was a great feeling. It means so much to feel like your voice is being heard. We did a lot together and we had a lot of heartfelt conversations about life and basketball. To some degree, the conversations that I had with him are some of the conversations I'm trying to have with the kids now.

The 2000-01 Sixers that went to the NBA finals was so tight-knit. How much did that help?
A lot of times it's not about talent, it's about synergy and fighting for one another. ... That's what you see in a good team, being able to put things on the line for one another.

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